



**Module 4: Powerful Interviewing
Techniques**

Lesson 1: Mastering Your Mindset



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In this training you will learn:

- Why is this important
- Your Winning Mindset

Why is this important?

- Mindset is everything:
 - Your mindset impacts your thoughts and feelings;
 - Your thoughts and feelings impact your actions;
 - Your actions impact your outcome
- What you focus on expands:
 - If you continuously focus on what is going wrong or how nervous you are, or how horrible you sound (because you're too hard on yourself – STOP!!!!);
- You are a WIP; even experts who have been working on their craft for years – are always developing and evolving in their skills.

Your Winning Mindset:

- It's all GOOD;
 - Go with the flow;
 - Have FUN!
 - What's yours? Write it down and remind yourself of it daily;
 - Have it in front of you as you record your podcast.

Notes: